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Bangalore Mirror

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Why a gender/income inclusive approach is critical for future of public transport and mobility in Bengaluru, examines IISc study

GENDERED MOVEMENT

'Women more likely to use public transport than men'

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TWEETS @BangaloreMIRROR

According to a study conducted by researchers at the Indian Institute of Science on gender-inclusive mobility, women were more likely to make a shift to public transport.

Women preferred to travel by metro over their male counterparts, the study showed. Researchers found that developing policies encompassing all gender-income groups could help accommodate gender-specific transport habits.

The research was conducted using a preference survey conducted in 2020, and 7,190 data points on 19 variables — age, gender, income, alternative mode of transport, travel time, walking time, interchange time, travel costs using different modes of transport and so on.

Furthermore, the researchers calculated the impact on the variables across 13 policy bundles. Some bundles had individual governing tools and some had two or more governing tools.

For example, increasing network

CONTINUED ON PAGE 6 »

"Without taking women into account, you are ignoring 50% of public transport users. Gendered evaluations can lead to increased ridership across genders...

— Dr Ashish Verma, IISc's Sustainable Transportation Lab

Massive Plastic Seizure

Palike confiscates 21,837 kg of banned plastic in 21,905 cases, generates Rs 60.8 lakh in fines

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The Bruhat Bengaluru Mahanagara Palike (BBMP) seized around 22,000 kg of single-use plastic (SUP) just over the last three months. The amount has been seized after the central government announced a complete ban on single-use plastic from July 1.

Between July and October, the Palike confiscated around 21,837 kg of the banned plastic items from 21,905 cases, generating Rs 60.8 lakh in fine.

As per the official data on plastic seizures, this is the largest catch over the last three years. Between September 2019 and June 2022, the civic body seized only around 15,000 kg of single-use plastic and took action against 7,296 violators, making the seizures over the last three months the biggest haul in the last three years.

"It is an ongoing process; we are seizing single-use plastic daily after the ban was enforced from July 1. We are focusing on the manufacturers rather than petty shops using the banned items," said Harish Kumar K, special commissioner, solid waste management, BBMP.

CONTINUED ON PAGE 6 »

9 A dash of stress
Low to moderate stress is benefi cial for health, says research but don't take too much of it

3 THINGS TO DO

01 Gypsy jazz tunes

If live jazz performances enthrall you, there's good news. Viennese gypsy jazz guitarist, Diknu Schneeberger, who caused quite a sensation with his debut album "Rubina' and soon began touring stages across the world, is all set to entertain audiences with his melodies. Nominated for the German record critics award, Diknu and his band, Diknu Schneeberger Trio, will perform this weekend. **Where: Windmills, Whitefield**
When: Nov 25 and 26, 9:30 pm onwards
Call: 88802 33322

02 Lit fest

Alliance University's School of Liberal Arts, in association with Asia Pacific Writers & Translators Inc (APWT), is hosting the Asia Pacific Literary Festival (APLF) to be held at the University's Central Campus. The theme for the festival is "Writing outside the frame". It attempts to shine the spotlight on voices lying outside the usual frame of the literati and bring together an exhilarating confluence of styles, modes and mediums of literature that evade convention.
Where: Alliance University, Alliance School of Liberal Arts, Anekal; When: November 28 – 30, 9:00 am to 6:00 pm; For info: 4619 9000 / 9100

03 Shimmy it up!

Foxtrot Marathahalli presents "The Foxy Friday" with Sonalina. Sonalina has been performing live since 2015, focusing on various genres like jazz, country, blues and Hindi music. She is a solo artist & collaborates with bands on various occasions. She started her music career in bengaluru playing at private events & as a recording artist for a YouTube label.
Where: Foxtrot, Marathahalli
When: November 25, 8 pm onwards
Entry: free, Phone: 9108136001/2

Helping pourakarmikas break menstrual taboos

... as part of Circular Waste Solutions Project, B'luru's pourakarmikas are being given menstrual cups that are a better alternative to cloth and pads

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The pourakarmikas in Bengaluru are being given menstrual cups free of cost in order to promote safe and sustainable menstrual products among the civic workers. The initiative is a part of the Circular Waste Solutions (CWS) Project undertaken by Saahas, a non-government organisation working in the field of waste management.

Dr Shanthi Tummala, the Project Consultant at Saahas and a sustainability expert, said, "The pourakarmikas work on the streets from the morning till 2 pm every day. They often complain about rashes caused by sanitary napkins, etc. So, under the CWS project, we provided them with menstrual cups along with the help of BBMP... This is also to reduce landfill waste caused by the sanitary pads."

Dr Tummala added that though most of the pourakarmikas were using sanitary pads, some were still using cloth during their menstruation.

"This is not an easy transformation for them, of course. However, slowly after more awareness and conversation with other women, others also showed a willingness to switch to cups and so far, we have received positive response from the civic workers," she added.

So far, the NGO has distributed 97 menstrual cups in Bengaluru through awareness campaigns in different parts of the city like Begur, Bommanahalli, Bilekahalli, and Mangammanapalya. In the coming sessions at Puttenahalli, Jaraganahalli, and Arekere in the Bommanahalli constituency, the NGO is aiming to provide 100 more cups.

The CWS project is a part of the Nationally Appropriate Mitigation Actions (NAMA Facility) under the UN Framework Convention on Climate Change (UNFCCC) in collaboration with GIZ India. The aim of the project is to engage the people towards promoting source-segregation and low carbon impact.

Nethra, BBMP Assistant Executive Engineer (Solid Waste Management), Bommanahalli, told Bangalore Mirror that the pourakarmikas have been giving positive feedback for the cups so far.

"Earlier they would feel hesitant about using cups but we are encouraging them with the help of these campaigns and we have received a good response from the pourakarmikas," she said.

In India, there are about 46.2 million menstruating women who use disposable sanitary products. This adds up to about 7 million sanitary products in landfills every year. Disposable menstruation products are also said to contain harmful chemicals that may lead to irritation and infections in the short term and lifestyle disorders and cervical cancer in the long term.

Dr Meenakshi Bharath, gynaecologist, and a sustainable menstruation advocate, explained that these cups are made of medical-grade silicon so it collects the menstrual blood without changing it. Moreover, the holding capacity of the cup is three times that of a sanitary pad.

A menstrual cup is also an economical option as compared to sanitary napkins. The average price of a cup ranges from Rs 350 - Rs 1,000 which lasts for about 10 years. On the other hand, disposable pads cost Rs 165 each month on average, amounting to roughly Rs 2,000 each year.

"The cost is minimal; the comfort is maximum and the trash is nil. So, it's a no rash, no trash, no cash alternative for women," added Dr Bharath.

KAUSHIK JN

Menstrual cups will not only help pourakarmikas stay healthy, but also help reduce landfill waste caused by sanitary pads

> "Earlier they were hesitant but are now showing a good response
> – Nethra, BBMP Assistant Executive Engineer (Solid Waste Management), Bommanahalli

No more space extension constraints for schools

The State Government in a recent order has clarified that the extension of space for Classes 9 and 10 on the same premises required by school management will be considered as a continuation of education facilities under the Karnataka Educational Institutions rule of 1995. The order has brought relief to many schools that have been trying to get the extension in favour of students.

As per the order, if the management is already running a primary school, that is, from Class 1 to Class 8 or from Class 6 to Class 8 in the same premise, it should submit an application for registration and recognition of Classes 9 and Class 10 in the said premise. Extension of Class 9 and Class 10 on the same premise will be considered as an upgradation or continuation of education.

According to D Shashi Kumar, secretary, Association of Management of Primary and Secondary Schools of Karnataka, it is a welcome move.

"Until now, if school management applied for an extension, the department treated the application as a new school establishment and the extension was considered a separate entity. The management had to fulfill many criteria. This had made the process a financial burden to many," said Kumar.

One of the rules that the management had to fulfill for extension is the availability of half an acre of land area within city limits.

"There were other infrastructural requirements such as classrooms, laboratory and staff training, etc, which proved to be very cumbersome," said MN Natesh Kumar, principal of Gurukul International School.

However, with this order, the extension will be considered natural growth. This will mean minimal infrastructure requirements and a much lower fixed deposit amount charged for such extensions.

"An arbitrary amount was also charged as a fixed deposit with the extension application. For the past two to three years, a fixed deposit of Rs three lakh was required. Many schools could not fulfill these criteria. However, with the fresh order, schools that meet the infrastructure facilities as per the Right to Education rule can apply for an extension as well," said Kumar. **— BMB**

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ನಿಯಮ ಮತ್ತು ಷರತ್ತುಗಳು ಅನ್ವಯಿಸುತ್ತವೆ. ಅಯ್ಕೆ ವಲಯಗಳಲ್ಲಿ ಅಯ್ಕೆ ಮಾಡೆಲ್‌ಗಳ ಮೇಲೆ ಕೊಡುಗೆ ಲಭ್ಯವಿದೆ. *CT 125X ಡ್ರಮ್ ಶ್ರೇಣಿಯ ಮೇಲೆ ಕರ್ನಾಟಕದಲ್ಲಿ ಎಕ್ಸ್‌ಶೋರೂಮ್‌ನ ಬೆಲೆಯಾಗಿದೆ. #ಡೌನ್ ಪೇಮೆಂಟ್ CT 125X ಡ್ರಮ್ ಶ್ರೇಣಿಯದ್ದಾಗಿದೆ. ಡಿಸಿಸಿ ಶುಲ್ಕಗಳು, ಪ್ರೊಸೆಸಿಂಗ್ ಫೀಗಳು ಮತ್ತು ಇತರ ಶುಲ್ಕಗಳನ್ನು ಹೊರತುಪಡಿಸಿ ಡೌನ್ ಪೇಮೆಂಟ್ ಇದೆ. ಹಣಕಾಸು ಸೌಲಭ್ಯವು ಫೈನಾನ್ಸಿಯರ್ ವಿವೇಚನೆಗೆ ಒಳಪಟ್ಟಿರುತ್ತದೆ. ಮೇಡಲೇ ಸೂಚನೆ ನೀಡದೇ ಯಾವುದೇ ಅಥವಾ ಎಲ್ಲ ಕೊಡುಗೆಗಳನ್ನು ಹಿಂಪಡೆಯಲು ಬಜಾಜ್ ಆಟೋ ಹಕ್ಕು ಕಾಯ್ದಿರಿಸಿದೆ. RSA ಮತ್ತು MMCಗಾಗಿ ಬಜಾಜ್ ಆಟೋ ಡೀಲರ್ ಬಳಿ ಪರಿಶೀಲಿಸಿ. RSA ಅನ್ನು ತೃತೀಯ ಪಕ್ಷಗಳು ಒದಗಿಸುತ್ತವೆ ಮತ್ತು ಇದು ನಿಯಮ ಮತ್ತು ಷರತ್ತುಗಳಿಗೆ ಒಳಪಟ್ಟಿರುತ್ತದೆ. *ಡಿಸ್ಕ್ ಬ್ರೇಕ್ ಐಚ್ಛಿಕ ಸೌಲಭ್ಯವಾಗಿದ್ದು, CT 125X ಡಿಸ್ಕ್ ವೇರಿಯಂಟ್‌ನೊಂದಿಗೆ ಮಾತ್ರ ಇರುತ್ತದೆ. ಡ್ರಮ್ ಬ್ರೇಕ್ ವೇರಿಯಂಟ್ ಕೂಡಾ ಲಭ್ಯವಿದೆ.

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Good news for office goers

New measures to decongest Hebbal flyover in trial phase; police personnel are reporting on time to man traffic, according to deputy police commissioner

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The new Deputy Commissioner of Police, Traffic, North Division, Sachin Ghorpade, has implemented changes in the movement of vehicles on the Hebbal flyover to reduce congestion. Although the implementation measures are still in the trial phase, Ghorpade says that the traffic police have been successful in reducing overall travel time on the flyover since the past few days.

He told Bangalore Mirror that three important factors were kept in mind to ensure easy traffic movement.

"Traffic that was coming from service roads used to merge with the traffic of the main road. This would lead to heavy vehicle movement on the flyover. So, in order to tackle the issue, we have stopped the crisscross of traffic. We made sure that wherever there was merging, it was closed. We directed the main road traffic to go directly on the flyover. The service road traffic, on the other hand, was directed to go below the flyover to Hebbal signal. This has reduced the congestion on the flyover," he said.

He also said that now the traffic police reach the spot early in the morning to monitor the area.

"We have also made sure that all our men are there on time. Earlier, they used to come a little late, but now, they are supposed to be there by 7:30 in the morning. The inspector should be there by 8am, the ACP should be there by 8:30am, and I am also present there by 8:30 am," he informed.

Congestion on Hebbal flyover (File photo); traffic from service roads would merge with main road traffic

> **We have stopped the crisscross of traffic. We made sure that wherever it was merging, it was closed. We directed the main road traffic to the flyover**
> –Sachin Ghorpade, DCP

The DCP has also banned the movement of light goods vehicles on the flyover from 8:30 am to 10: 30 am.

"The movement of heavy goods vehicles is banned across Bengaluru from 7 am to 11 am, but we also did it for light goods. Initially, all these delivery companies were a bit reluctant and questioned the move. However, after a meeting about the matter, they all agreed to follow the rules. This step was taken to benefit the office going people. We want people to move first and then goods," said Sachin.

He added that the measures are still in their 'trial and error' phase, and if they work efficiently, they might be introduced to other parts of the division.

On the other hand, workers from the Congress party and members of Resident Welfare Associations of Hebbal staged a protest on Monday asking for widening of the flyover.

The protestors pointed out that the widening of the flyover was approved in 2016 but the project was never implemented.

Pricey 'road to future'

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Eighteen years after introducing pre-cast magic box technology to construct quick-fix grade separators, the Bruhat Bengaluru Mahanagara Palike (BBMP) is now conceptualising quick-fix roads. However, the quick-fix construction will come at a cost – about 15 to 25 per cent more than the conventional white topping.

BBMP, in association with a private company, is experimenting with rapid roads in Indiranagar. Unlike the regular white topped roads, which would take weeks to complete, these roads are 'promised' to be fixed in a day or two. Although the idea sounds good, the agency is now toying with the additional cost. BBMP Chief Commissioner Tushar Giri Nath said, "We have taken up the new technology of quick fixing of roads. However, the project cost is likely to be escalated by 15 to 25 per cent. The costs involve transportation of slabs from the factory to the site. For regular concretised roads, we don't use huge rods. However, in these factory-manufactured slabs, there will be usage of post tension cables for making it anti-slip. For the experimental road, the technology partner is bearing the additional cost. Going forward, we would require improvements in design and the cost factor as well."

BBMP, in association with a company, is experimenting with rapid roads in Indiranagar

Currently, it is estimated that a kilometre of black topped road costs anywhere between Rs 75 lakh to Rs 1 crore and a kilometre of white topped road, Rs 7.5 crore. The rapid road cost may be 25 per cent more than the white topped road. However, Nath said that the new technology road could be the road to the future.

"White topped roads take longer to construct. If road laying takes more than the required time, it defeats the purpose of laying a road. As this is the first-of-its-kind of experiment in the country, we hope this model will be a success."

A senior BBMP engineer explained that the concrete slabs will be constructed at the factory site. These pre-cast slabs will be five feet wide and 20 feet long. Around 200 metres of the road could be laid in a day and traffic can be allowed within 24 hours.

Officials say that there could be similarities with the pre-cast magic box technology. Until magic box technology was introduced, concretisation would take place on the spot and would require a lot of time. However, when the magic box was introduced, precast elements constructed at factories were brought to the site and fixed. Due to the pre-cast concretisation, a lot of time was saved. Similarly, precast slabs from the factory will be brought for fixing. Now, the white topped road is blocked for concretisation, followed by curing. The process takes weeks, and as the city experiences more traffic, blocking of key junctions could make things worse.

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Encroached?
Commercial Street

The footpath along the main road of Jewellers Street in Commercial Street is encroached.

Endless work
Jai Bharatnagar

Work has been ongoing at 1st cross, Link Road, Jai Bharatnagar for three months now.

Potholes still here
Padmanabhanagar

Potholes have not been covered in Padmanabhanagar 22nd A Main Road.

KMF hike: Milk, curd to be costlier by Rs 2

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Milk prices are set to become dearer from this Thursday as the Karnataka Milk Federation (KMF) has raised prices by Rs 2. KMF announced that one litre of toned milk that cost Rs 37 earlier will cost Rs 39.

Homogenised toned milk will cost Rs 40; homogenised cow milk Rs 44; special milk Rs 45; Shubam milk Rs 45; homogenised standardised milk Rs 46; Samruddhi milk Rs 50; Santrupti milk Rs 52; double toned milk Rs 38 and curd will cost Rs 47.

Last week, KMF had proposed to hike prices of dairy products by Rs 3 per litre. But, Chief Minister Basavaraj Bommai intervened and asked the KMF to revise the orders so as to not burden customers and farmers.

Meanwhile, farmers had protested to demand a rise in prices. Bommai asked KMF to keep both the customers and farmers in mind.

During the board meeting on Wednesday, the KMF decided to hike the prices by Rs 2 across all its products. A KMF official told Bangalore Mirror that the price of milk and curd has been raised to help dairy farmers of Karnataka. The extra amount will directly go to the farmers.

According to PC Rao, President of Bruhat Bengaluru Mahanagara Palike (BBMP) Hotels Association, rise in both milk and gas prices will burden the hotel industry. However, as of now hoteliers will not hike prices.

KMF said that the prices will be effective from Thursday though the packets will continue to have the previous pricing as the packaging has been printed earlier.

However, customers say this will pinch their pockets. "When the CM intervened, we thought there won't be any revision or it may be a hike of Re 1 as the curd prices were revised earlier due to inclusion of GST," said Sandesh Kumar, a resident of Basavanagudi.

Sowmya R, a resident of Kammanahalli, wondered about the price rise in the middle of the week. "We buy prepaid tokens from a shop to buy milk once a month. It would have been nicer if the prices were increased from December 1 instead of the end of the month."

Raids at rowdy sheeters' homes; 30 arrested

The Central Crime Branch officers raided the houses of 86 rowdy sheeters and arrested 30 on Tuesday. A team led by five ACPs and 30 inspectors conducted the raids.

"After the rowdy sheeters were brought to the CCB office, CCB ACP Dharmendra interrogated them. They have also been warned that if found involved in criminal activities, they will have to face punishment," said a police officer.

Houses of notorious rowdy sheeters such as Cycle Ravi and Wilson Garden Naga were also raided. However, both had already escaped.

CCB Joint Commissioner Sharanappa said some rowdy sheeters were planning to create trouble during the BBMP elections.

"Some people are preparing to create chaos for the BBMP elections and some are collecting money for elections. The raid was carried out for the sake of elections and for the society. During the raid, some people fled the spot. The people who are arrested will be interrogated. We are investigating the income of the rowdies and their activities," said Sharanappa.

Robber shot at

Police shot at a robber during the raid, as he is said to have attacked the police while trying to escape.

Yogananda, a robber, is said to have attacked the cops with hollow bricks at Danojipalya Road in Nelamangala.

Yogananda has 18 registered cases against him. After he tried to escape from the police and started attacking the police officials with bricks, he was shot in the leg. Police say they fired in the air as a warning before shooting at him.

In the hustle, constable Hanumantha Hipparagi sustained injuries. After the attack, Nelamangala Town police inspector Shashidhar opened fire on the spot. **Ahna Prakash**

Bless you, it's the cold

Dipping mercury levels and exposure to allergens is sending many in Bengaluru on sneezing spree

Many in the city were caught in sudden, slow rain on Wednesday

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Are you repeatedly sneezing and suffering from a blocked nose? Then blame it on the city's weather. Of late, doctors have received a number of patients visiting them with complaints of sneezing and blocked nose.

Dr Rohit Udaya Prasad, Consultant-ENT & Cochlear Implant Surgery at Aster RV Hospital told Bangalore Mirror that cases of blocked nose and sneezing have shot up. Doctors are seeing this trend especially in children more than adults.

"The rise in cases can be attributed to seasonal flu and a sudden drop in temperature. The onset of winter in Bengaluru definitely brings in its fair share of ear nose throat (ENT)-related illnesses. Unlike northern Indian cities, smog is not much of a menace here, thanks to the greenery," he said.

Doctors say that they are receiving a lot of cases related to people suffering from allergies.

A 30-year-old man was suffering from severe nasal allergies and he couldn't figure out what really triggered it. He did not have any exposure to dust, pollen, cold air, cold or oily feeds.

Doctors informed that the patient was staying in a locked room, unattended for many days and the walls had mold. Many small cockroaches were seen at night with eggs all around the kitchen and living area. The man also had the habit of smoking in closed doors which was the main stimulation for allergies.

"Every day on an average, we see about 20 patients with allergic rhinitis or seasonal allergies, which result in symptoms similar to the common cold. Runny nose, itchy eyes, congestion, repeated headaches, sneezing, and sinus pressure are a few of these symptoms," said Dr Girish Anand MS, Consultant- ENT Surgery at Aster CMI Hospital.

"However, allergic rhinitis, unlike the common cold, isn't caused by a virus. It results from an allergic reaction to an indoor or outdoor chemical that the body misinterprets as hazardous (allergen)," he explained.

He added that histamine, a naturally occurring substance that helps the body to defend itself against allergens, is released when a person's body comes in contact with an allergen. Pollen, dust mites and pet dander are the typical allergens that can cause these symptoms.

Recently, the doctors came across a 27-year-old woman who was exposed to the strong smell of the toilet cleaner and developed some nasal allergies and cough on exposure to it.

In another instance, a 35-year-old man who was exposed to the pesticide spray in his apartment complex developed severe sneezing and nasal allergies which is a result of the histamine release.

According to Dr Anand, a person's allergens will determine the best home cures. People can consider using an air conditioner or keeping their home environment warmer rather than opening their windows if they suffer from seasonal or pollen allergies.

"If at all possible, incorporate an allergy-specific filter. You can manage your indoor allergens by using a dehumidifier. Wash your linens in hot water if you have a dust mite allergy," he said.

Light rains to continue

Meanwhile, light to moderate rain is likely to fall over Bruhat Bengaluru Mahanagara Palike (BBMP) area. Some places are expected to receive isolated rainfall. The maximum and minimum temperatures are likely to be around 24 and 19 degree Celsius, respectively. Rainfall occurred at many places in south interior Karnataka, a few places in coastal Karnataka and isolated places in north interior Karnataka.

> **"Rise in cases can be attributed to seasonal flu and a sudden drop in temperature. Onset of winter brings in its fair share of ENT illnesses**
>
> —Dr Rohit Udaya Prasad, Aster RV

Jam with Mr Fixit

As work was going on to fix bolts that had come loose on a flyover, Wednesday was a jam-packed day at Mysore Road

PICS: KAUSHIK JN

What children want

Child Rights Parliament's charter of demands includes better nutrition, usable toilets

Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

The state-level Child Rights Parliament organised by the Karnataka Child Rights Observatory (KCRO) and UNICEF successfully concluded in Bengaluru recently. It involved action-oriented discussions between children from across the state, duty bearers and government officials.

The children presented a charter of demands prepared by summarising a two-month-long campaign after consultations involving other children across districts, taluks, and villages. They discussed and listed burning issues pertaining to survival, protection, development, and participation rights of all children. They also drew attention to the need for a child-friendly hospital system, protection against use of narcotics, and usable toilets at schools and public places.

They felt that the nutritional levels of children from the anganwadi level to the high school level have to be improved urgently. They appreciated that first information reports (FIRs) are being filed against child sexual abusers under POCSO, but felt helpless due to delayed judicial processes.

Additionally, they reported coming across several child labour and child marriage cases in the post covid period and requested the government to take preventive steps. They requested for arranging child-friendly and protective school transportation systems. The children also drew attention towards the dilapidated condition of schools and anganwadi centres and demanded immediate repair or new constructions.

Vinutha from Kalaburagi said that she appreciated the government's efforts for providing the Child Right Grama Sabha a forum for children to express, opine, and make their demands known. "We request the government to provide such a system for urban children too through Urban Ward Child Rights Sabha," said Vinutha.

Responding to the charter of demands, Mary Priyanka Francis, Commissioner, RDPR, said that the government would direct all the CEOs of the zilla panchayats to take the responsibility of following up on the issues raised.

Jayanagar MLA Sowmya Reddy said the Child Rights Parliament was a great idea. "I will arrange for the Child Rights Ward Sabha in Jayanagar Constituency to facilitate the understanding of the situation of children and also guide action plans to realise them," she said.

Narendra Babu, Member, Karnataka State Legislators Forum for Child Rights said that if all the legislators take note of the situation of children in their constituencies, work with local organisations, and find solutions for the problems of children with the concerned departments, child rights would be achieved soon.

SUP ban: 'KSPCB must step in'

CONTINUED FROM PAGE 1

The Plastic Waste Management rule was amended in 2021 by the central government. The Central Pollution Control Board issued fresh guidelines in February 2022 to ban SUP from July 1.

Starting July 1, as many as 19 Single Use Plastic (SUP) items were banned. As per the rule, anyone caught using, selling, manufacturing, distributing, importing or stocking these products will be penalised.

The items include earbuds with plastic sticks, plastic sticks for balloons, plastic flags, candy sticks, ice cream sticks, thermocol for decoration, plastic plates, cups, glasses, cutlery such as forks, spoons, knives, straws, trays, wrapping or packaging films around sweet boxes, invitation cards, cigarette packets, PVC banners less than 100 micron and stirrers.

According to experts, while the BBMP is playing its part by seizing the banned products, on the other hand, the Karnataka State Pollution Control Board (KSPCB) is turning out to be the weak link in ensuring better enforcement of the rule.

"The Palike should get a pat on its back if it has seized so much of banned products and cracked the whip on defaulters. However, the Karnataka State Pollution Control Board is busy with the blame game. KSPCB is the implementing agency when it comes to taking steps such as blocking the entry points of banned products into the state or Bengaluru city and seizing pieces of equipment for manufacturing these products. However, the board seems to be on the back foot. The rule can be enforced holistically only if KSPCB steps in," said V Ramprasad, solid waste management expert.

Experts BM spoke to stressed that Palike should focus on setting up plastic waste processing units to get rid of tonnes of plastic waste generated daily.

"The civic body should look at multiple processing units under the PPP model across the city. The units should be responsible for the collection, sorting, shredding, melting and pelletising of the plastic waste to obtain granules. This will also help meet the demand for granules that are used in road construction projects," said another city-based expert.

Public transport, gender & income

CONTINUED FROM PAGE 1

coverage of public transport could lead to a 10% reduction in walking time toward boarding a bus and inter-time between two successive buses along a route. Encouraging park and ride could lead to a reduction in the overall cost of travel and a 10% reduction in travel costs of buses and metro rail.

The comparative analysis was done for four income groups (low, lower-middle, upper-middle, and high) comprising males and females. For research, seven modes of transport were studied in four groups —private (car and two-wheeler), auto, non-motorised transport (NMT walking and cycling), and public transport (PT - bus and metro).

For instance, the modal share of cars among low-income men and women is already low — policymakers need to focus on developing other modes. It was observed that low and lower-middle income women preferred public transport over males. However, cars are preferred by females belonging to upper-middle and high-income groups.

The study further revealed women were likely to walk as compared to their male counterparts who preferred cycling, in the NMT category. Taking into consideration equal cost subsidies in public transport, females were more likely to use the metro over males. Two-wheelers were a preferred mode of choice in males across most income groups except the high-income group.

While several efforts are on to push citizens toward public transport as the sustainable choice, there hasn't been a major shift yet. The model developed by IISc researchers could be used to develop transport policies optimised across gender-income groups.

The research was conducted by Dr Ubaid Illahi, Dr Gayathri Harihara Subramanian, and Dr Ashish Verma of the IISC Sustainable Transportation Lab, funded by DULT.

Dr Verma told Bangalore Mirror that the purpose of the study was to understand the inclusivity of transport policies. "We wanted to look at how transport policies affect female users and how they can make a larger shift to public transport. For example, If the purpose of flyovers is to move private vehicles faster, certain income groups may not benefit from this transport intervention. More and more women are joining the workforce, and there is a need to increase mobility for them. Without taking women into account, you are ignoring 50 per cent of the transport users. Gendered evaluations can lead to increased ridership in public transport across both genders," Dr Verma explained.

Sea pollution in Mangaluru under NGT's scanner

Karnataka State Pollution Control Board asked to hold those violating norms accountable

Seawater pollution reported at Surathkal beach

Garima Prasher
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@timesgroup.com

TWEETS @BangaloreMIRROR

The green court took up the issue after reports of discolouration of seawater surfaced a few months ago

The National Green Tribunal (NGT) has directed the Karnataka State Pollution Control Board (KSPCB) to hold those accountable for the discharge of untreated sewage and industrial effluents into the sea near Mangaluru's Surathkal beach in Dakshin Kannada district.

"The state PCB needs to fix accountability of the violators -- the industries concerned and the Municipal Corporation. We direct the member secretary, State PCB to now take further action in the matter and finalise the same within two months following due process of law," noted the tribunal.

The green court had taken up the matter after reports of discolouration of seawater in the region surfaced a few months ago. The reports also suggested that the pollution has adversely impacted the sea bass fish population in the area. The NGT then constituted a joint committee to look into the matter and submit a report after visiting the site.

As per the report submitted by the committee, the water quality was found polluted due to the discharge of untreated sewage into the sea by Mangaluru City Corporation, apart from industrial pollution along the coast. The report has specified that the discolouring of seawater noticed in May 2022 at the beach was due to algal bloom.

An analysis of water samples collected from the beach was also conducted and the results show the presence of a very high ratio of inorganic nitrogen and phosphorus which could be the cause of eutrophication leading to algal bloom.

As a precautionary measure, the tribunal has also ordered the board to monitor effluent discharges during the withdrawal of southwest monsoon and pre-monsoon periods.

The committee has also recommended that the Mangalore City Corporation must take up underground drainage work and ensure the connection of missing links to sewage treatment plants.

"Mangalore City Corporation has to take up the work of underground drainage and connection of missing links to terminal STP. This is to ensure that there is no possible entry of untreated sewage into the sea from non-point sources across the jurisdiction," said the green court in its order.

Woman ends life over hubby's affair

A woman in Bengaluru ended her life after being fed up with her husband's extramarital relationship. The victim has been identified as Shweta, a 29-year-old woman. "The accused, Abhishek, had a relationship with a young woman before marriage. After marriage, she came to know and they had a fight. Later, Shweta ended her life," said the police. – Ahna Prakash

PSI scam: ADGP's bail rejected

The bail application of ADGP Amrit Paul, accused in the PSI Recruitment Scam, has been rejected again by the City Civil Court. Justice NK Lakshmi Narayan Bhat rejected his bail on Wednesday. Pal, who was in charge of PSI recruitment, had access to the resources of the recruitment. He gave it to a junior official and the information was misused. – Ahna Prakash

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CHANGE OF NAME

I, PRAVEEN V KOTWAL S/o. Venkatesh, residing at Flat No. 402, Siri Sangeeth, 18th Cross, Poornapragna Layout, Arehalli, Kodipur, Bangalore-560061, have changed my minor Daughter's Name from NIVIKA PRAVEEN KOTWAL to ADVIKA PRAVEEN KOTWAL, vide affidavit dated 23.11.2022, sworn before notary S.R Thulasikrishna, Bangalore.

WE, Anurag Sinha & Tarushikha Sinha, R/a,C-202, Aakruthi Silverline Apts., 27th Main, HSR Layout, Sec-2, B'lore-102, have changed our child name from Aaliya Ambastha to Aditi Sinha vide affidavit dated 22.11.2022 before Notary B.M.Chandrashekar

WE, Anurag Sinha & Tarushikha Sinha, R/a C-202, Aakruthi Silverline Apts., 27th Main, HSR Layout, Sector-2, B'lore-102, have changed our child name from Aahana Ambastha to Ahana Sinha vide affidavit dated 22.11.2022 before Notary B.M.Chandrashekar

I, Rama Rao Tammineedi R/o Bmp 134,301,SLV Regency, 19th Cr, Kaggadaspura, Cv Raman Nagar, Bangalore, 560093 have changed my minor daughter's name from Lakshmi Chinmayee T to Tammineedi Lakshmi Chinmayee

I Amaravathi W/O, Srirama Naidu L R/o No 18, K.G.F Bangarpet Kolar Karnataka - 563120 have changed my name to Amaravathi Naidu

I, Sathvik Ajay S/O Ajay Sreenivasan, R/o Vinutha Ajay, 1511 Ground Floor, 4th Main Road, Keerthi Layout, Kammanahalli, Kacharakanahalli, Bengaluru, Karnataka- 560084, have changed my name and shall hereafter be Known as Sathvik Ajay Iyengar.

I, THABITHAL CHELLAPPAN, R/at No.03, 10th Cross, Thimmaiah Garden, Jayamahala, Bangalore- 560032, have changed my name to THABITHAL, vide affidavit dated: 23/11/2022 Before Notary K.V.Mani Bangalore.

I, Ranjana Singh, W/O Praveen Kumar Singh R/o No 95/1 Asheerwad Apartment, AGS Layout, RMV, 2ND Stage, Mathikere, Bangaluru, Karnataka- 560054. have changed my name and shall hereafter be Known as Sushma Kumari

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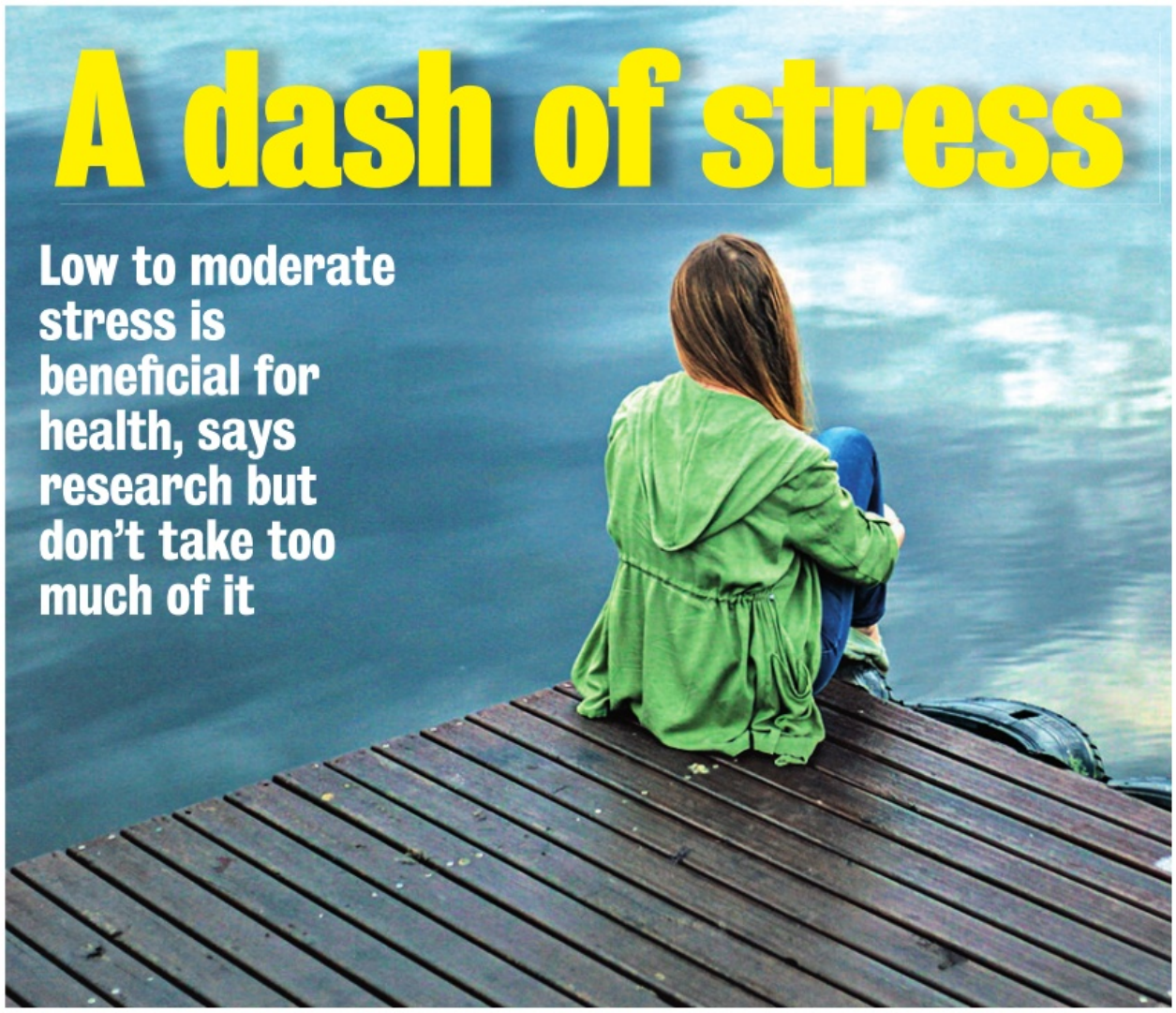
A dash of stress

Low to moderate stress is beneficial for health, says research but don't take too much of it



According to recent research from the Youth Development Institute at the University of Georgia, stress may not be a bad thing when it comes to brain functioning.

The study was published in Neuropsychologia.

The study found that low to moderate levels of stress improves working memory, the short-term information people use to complete everyday tasks like remembering someone's phone number or recalling directions on how to get to a specific location.

There is, however, a caveat, the researchers said. The findings are specific to low to moderate stress. Once your stress levels go above moderate levels and become constant, that stress becomes toxic.

"The bad outcomes of stress are pretty clear and not new," said Assaf Oshri, lead author of the study and an associate professor in the College of Family and Consumer Sciences.

Constant high levels of stress can actually change the structure of the brain. It leads to increases in white matter at the expense of gray matter, which is involved in muscle control, decision-making, self-control, emotional regulation and more. Chronic stress can also make people more susceptible to a variety of illnesses ranging from nausea and migraine headaches to high blood pressure and heart disease.

"But there's less information about the effects of more limited stress," Oshri said. "Our findings show that low to moderate levels of perceived stress were associated with elevated working memory neural activation, resulting in better mental performance."

> **Our findings show that low to moderate levels of perceived stress were associated with elevated working memory neural activation**

In previous research, Oshri and his colleagues demonstrated the low to moderate stress levels could help individuals build resilience and reduce their risk of developing mental health disorders, such as depression and antisocial behaviors. That study also showed that limited bouts of stress can help people learn how to cope in future stressful situations.

The present study builds upon that work, providing magnetic resonance imaging (MRI) that shows how low to moderate stress can make the parts of the brain that control working memory more effectively do their job.

Support networks, friends and family can help people cope with stress in healthy ways

The researchers analyzed MRI scans from the Human Connectome Project of more than 1,000 people from diverse racial and ethnic backgrounds. Funded by the National Institutes of Health, the Human Connectome Project aims to provide insight into how the human brain functions.

The results suggested that individuals who reported low to moderate stress levels had increased activity in the parts of the brain that involve working memory. Participants who said they experienced chronic high levels of stress showed a decline in those areas.

To assess perceived stress levels, participants answered questions about how frequently they experienced certain thoughts or feelings. For example, "in the last month, how often have you been upset because of something that happened unexpectedly?" and "in the last month, how often have you found that you could not cope with all the things that you had to do?" This scale has proven an effective measure in a variety of other international studies.

The researchers also examined participants' social networks using a variety of measures, including how individuals felt about their own ability to handle unexpected events, how satisfied they were that their lives matter and are meaningful and the availability of friend-based support in their social networks.

To analyze working memory, participants were presented with a series of four types of images of things like tools and individuals' faces and later asked to recall whether they were the same photos they were shown before. The researchers then analyzed MRIs of the participants' brains as they completed the tasks to assess neural activation in different parts of the brain.

Perhaps unsurprisingly, the participants who said they had more support from their families and friends appeared more able to cope with low to moderate stress levels in a healthy manner.

"You need to have the right resources to be strengthened by adversity and stress," Oshri said. "For some people, being exposed to adversity is a good thing. But for others, maybe not.

"It's possible that you can sustain more stress if you have a supportive community or family." –ANI

MIRRORLIGHTS

Cheers to a cuppa of black tea

A daily cup of tea could help you to enjoy better health late in life, however if you're not a tea drinker, there are other things you can add to your diet.

The key is flavonoids, which are naturally occurring substances found in many common foods and beverages such as black and green tea, apples, nuts, citrus fruit, berries and more.

They have long been known to have many health benefits -- however new Edith Cowan University (ECU) research shows they may be even better for us than previously thought.

The Heart Foundation supported a study of 881 elderly women (median age of 80), which found they were far less likely to have extensive build-up of abdominal aortic calcification (AAC) if they consumed a high level of flavonoids in their diet.

AAC is the calcification of the abdominal aorta -- the largest artery in the body which supplies oxygenated blood from the heart to the abdominal organs and lower limbs -- and is a predictor of cardiovascular risk such as heart attack and stroke.

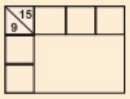
It has also been found to be a reliable predictor for late-life dementia. ANI

PVR CINEMAS {Phoenix Marketcity | Forum Mall | Orion Mall | Orion Uptown Mall | MSR Regalia Mall | Spirit Mall | VR Mall | Vaishnavi Saphire Mall | Superplex Vegacity Mall | GT Mall, Magadi Road | Aura Cinema} | INOX CINEMAS {Lido | Brookefield Mall | Forum Value Mall | Swagath Mall | Garuda Mall | Mantri Mall | Central Mall | Garuda, Yelahanka | RMZ, Yelahanka | SBR Horizon} | CINEPOLIS CINEMAS {Royal Meenakshi Mall | ETA Mall | Orion East Mall | SJR Spectrum Mall | Shantiniketan | Sigma Mall} | GOPALAN {Innovation Mall | Arch Mall | Legacy Mall | Grand Mall | Signature Mall} | KINO CINEMAS {Seegehalli Road} | ROCKLINE CINEMAS {Jalahalli Cross} | INNOVATIVE MULTIPLEX {Marathahalli} | BHARATH CINEMAS {Mangalore | Manipal | Shivamoga | Kundapura | Padubidri} | PVR CINEMAS {Fiza Mall, Mangalore | Forum Mall, Mysore | Garuda Mall, Mysore} | INOX {Central, Manipal | SS Mall, Tumkur | Satyam Mall, Mysore} | CINEPOLIS {City Centre Mall, Mangalore} | DRC {Mysore} | MOVIETIME {Davangere} | CINE GALAXY NOVA CINEMAS {Surathkal}.

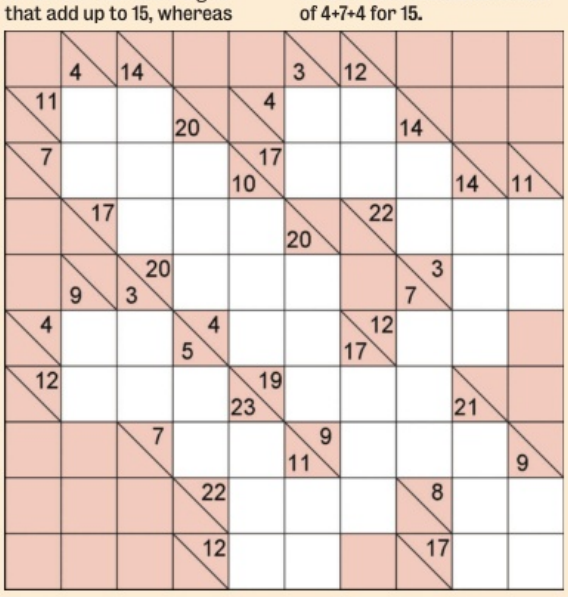
farnaz

Kakuro

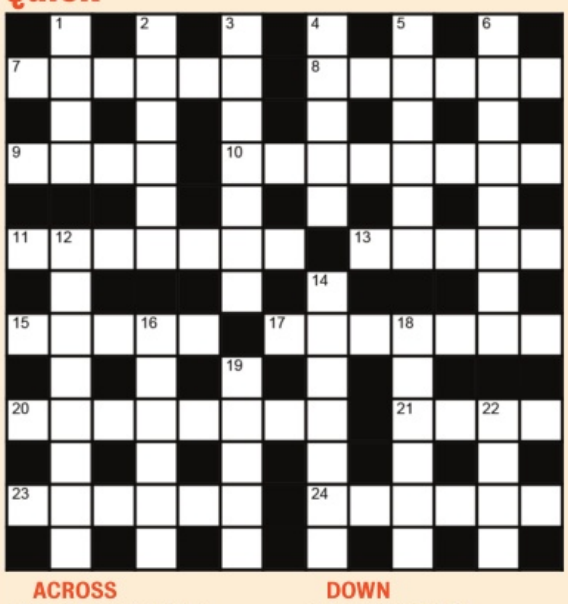
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS
7 Earnest request (6)
8 Greek capital (6)
9 Leave out (4)
10 Wine merchants (8)
11 Clairvoyant (7)
13 Doubter (5)
15 Malaysian dish (5)
17 Landing strips (7)
20 Gymnasts (8)
21 Hearing organs (4)
23 Remained (6)
24 Sister's son (6)

DOWN
1 Beginning at (4)
2 Sacredly obscure or secret (6)
3 Prove superior (7)
4 Sunrises (5)
5 Fake (6)
6 Immenseness or vastness (8)
12 Deficiency (8)
14 Style of cooking (7)
16 Assumed name (6)
18 Young dogs, pups (6)
19 Bangalore is divided into 198 ____ (5)
22 Mother of Zeus (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS G
IHOYYNKL JF NY NKOUNWX-PCZ X YJPYWNWJWO QTH LTTI NIOXY. NW NY KT STNKSNIOKSO WDXW WOSDKNSXCCZ NKOFW PJYNKOYY WZFOY XHO GKTAK XY "YJNWY."

Linemaro

Did the sun come out or did you just smile at me?

Mindchow

People, more than things, have to be restored, renewed, revived, reclaimed and redeemed

Joke of the day

If you think nobody cares, try missing a couple of payments

Loop

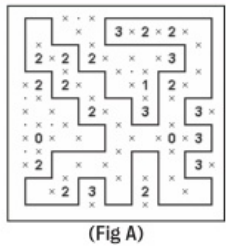
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

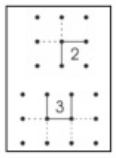
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

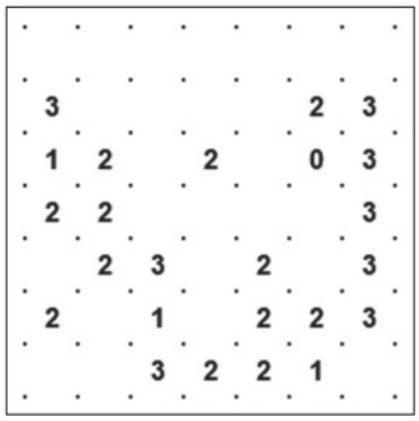
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



(Fig A)



(Fig B) Not Allowed



SudokuChallenge

	6				4	9	3	
	5			2		4		
	2		9			5		8
	4				7			
		8	3		6	7		
			1				4	
1		4			9		2	
		2		3			6	
	8	7	4				9	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

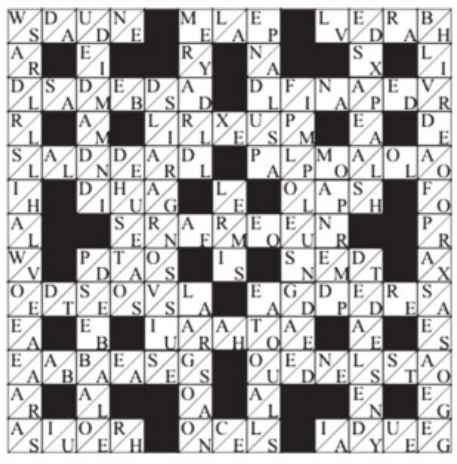
÷ × + −

Easy = 26
3 4 6 8

Medium = 16
1 2 5 8

Hard = 5
2 5 5 3

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6			K	
7				
8				
9				

ACROSS
1 Map as; 6 Opal K; 7 Alert; 8 Nil hi; 9 Yon go

DOWN
1 Pangs; 2 Pool I; 3 Loath; 4 Is Ken; 5 L Mary

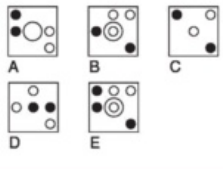
Hocusfocus

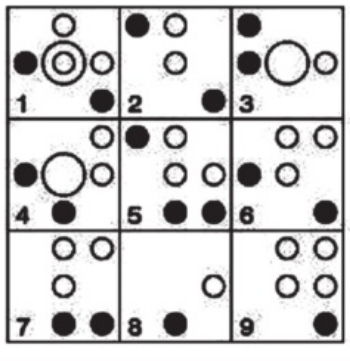
Find at least six differences in details between panels.

Differences: 1. Leg is moved. 2. Pail handle is lower. 3. Desk leg is different. 4. Lamp is different. 5. File cabinet is moved. 6. Man has less hair.

Mensapuzzle

Looking at lines across and down, if the first two tiles are combined to produce the third tile, with the exception that like symbols are cancelled out, which of the above tiles is incorrect, and with which of the tiles below should it be replaced?

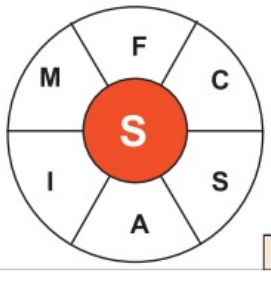




Riddler

Find an anagram for the words in Group A. The anagram will answer one of the clues in Group B.
Group A: 1. Dover, 2. Quale, 3. Harpo, 4. Shore, 5. Canoe, 6. Rebut
Group B: A. Took the wheel, B. Pacific or Indian, C. Root veggie, D. Fifty-fifty, E. Thoroughbred, F. Talk show hostess

Bull's eye

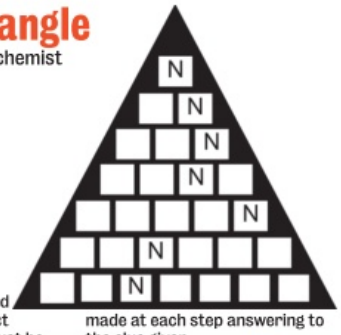


How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

Alpha triangle

1 Nitrogen for the chemist
2 Not out
3 Lapse
4 die
5 Police car signal
6 Warbler
7 Stays



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may start your day with good feelings. You may have patience, which may reflect into your way of working. You may enjoy it at work. You may be optimistic in terms of gains in business. You may bond with your spouse emotionally, which may increase family harmony. Job seekers may hear good news.

Taurus Apr 21 – May 20
Today is a good day at work. You may perform well. You may lead your team efficiently. Your focus towards work may be appreciated by your boss. You may also get some promotions in terms of rewards. Job seekers may get new work. Singles are likely to fall in love with someone they know. Architects, artists, traders will do well.

Gemini May 21 – Jun 21
Today is important for your domestic life. You may be busy with your kids. You may hear some good news in terms of their education. You may buy some creative items for the home or office to maintain your social status. You are advised to use your wisdom while spending money. Those related to management, electronics, medicine will do well.

Cancer Jun 22 – July 23
Today you may be dissatisfied. People around you may not cooperate, but you are advised to keep patience. You are also advised to read documents carefully before signing them. Making new investments in useless assets may create a bottleneck for you. Students are advised to read their subjects with patience.

Leo Jul 24 – Aug 23
Today you are blessed by the moon. Your destiny is likely to be with you. Today you may be more energetic and focused on your work. Your hard work may pay off in terms of success. Your colleagues may help you. You are likely to go for short work-related trips. Some good news may come from your siblings.

Virgo Aug 24 – Sep 23
Today you may be busy with family matters. You may take some important decisions on the domestic front. You should avoid making arguments in your personal life. Your arrogance may affect your domestic harmony. By late evening, things may be under control. You are advised to follow your intuition before making investments in business.

Libra Sep 24 – Oct 22
Today, messy situations are under control. You may feel peace in your mind. You may be able to strike a proper balance between your expenditure and earnings, which may improve your financial health. You are advised to avoid too much travelling or overworking as it may affect your health. Students can start planning for their future. Lovebirds may enjoy happy moments.

Scorpio Oct 23 – Nov 22
Today, until evening, you may enjoy your work and domestic life. You may get back money which was stuck somewhere. From late evening, you may feel dull. Some unknown fear can make you upset. You may get stressed, which may affect sound sleep. It is advised to do meditation.

Sagittarius Nov 23 – Dec 22
Today you may be blessed by the moon. Your disappointment may now convert to happiness. You may be more focused on your targets. You are likely to use your creativity to make some changes in your office or house. You may also find love around you. Lovebirds are advised to avoid fantasy in relationships. Students may avoid speculations in their studies.

Capricorn Dec 23 – Jan 20
Today you may be busy at work. Your communication skills may help you get a big order, which may grow your business. You are likely to meet some influential person who will help you grow your business. Your family may support you to make a difficult decision at work. You are advised to control your tongue in love matters.

Aquarius Jan 21 – Feb 19
Today you may have the full support of your parents. You may get success at work if it is related to a project. Your terms with management are likely to improve, which may help you at work. You may plan for an overseas work-related trip. You can have some infections, so you are advised to drink plenty of water and use lemon in your food.

Pisces Feb 20 – Mar 20
Today you may be a victim of some unknown fear. Some sort of negativity may affect your thoughts. Impatience and arrogance may push you back in terms of making difficult decisions at work. You are likely to seek help from your elders, which may help you come out from this messy situation. You are advised to avoid investments in dead assets.

KIDZONE

Monisha V, 9 Years, Canbridge School, Bangalore

Eshtarth TS, 8 Years, Sudarshan Vidya Mandir

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=49/7-6
=49/7-6
=7-6
=1

BULL'S EYE
amiss, FASCISM, mass, miss

STRIKE OUT

W	A	D	E		M	A	P		V	E	R	B
A		E			Y		A		X		I	
L	A	M	B	D	A		D	I	A	P	E	R
L		A		I		L	E	U	M		E	D
S	A	N	D	A	L		A	P	O	L	L	O
				I								
O	M	I	T		V	I	N	T	N	E	R	S
O		S		E		W		O		O		
P	R	A	Y	E	R		A	T	H	E	N	S
H		D	U	G		L		O	A	S		F
A			E	N	A	M	O	U	R			P
V		P	T	O		S		N	E	T		A
E	D	E	S	S	A		A	D	D	E	R	S
E		B		I	R	A	T	E		A		S
A	B	B	E	S	S		O	D	E	S	S	A
R		L			O		L		E		G	
S	U	E	R		N	C	L		I	D	E	E

FAST FIVE

S	P	A	S	M
P	O	L	K	A
A	L	T	E	R
N	I	H	I	L
G	O	O	N	Y

RIDDLER
1. Drove (a),
2. Equal (d),
3. Oprah (f),
4. Horse (e),
5. Ocean (b),
6. Tuber (c)

QUICK

F		M		P		D		P		E		
P	R	A	Y	E	R		A	T	H	E	N	S
O		S		E		W		O		O		
O	M	I	T		V	I	N	T	N	E	R	S
		I			A		S		E		M	
P	S	Y	C	H	I	C		C	Y	N	I	C
C				L		C				T		
S	A	T	A	Y		R	U	N	W	A	Y	S
R		N		W		I		H				
A	C	R	O	B	A	T	S		E	A	R	S
I		N		R		I		L		H		
S	T	A	Y	E	D		N	E	P	H	E	W
Y		M		S		E		S		A		

MENSA PUZZLE
Tile 6 is incorrect and should be replaced by tile E

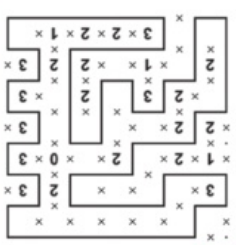
QUOTE UNCODE
Dressing up is inevitably a substitute for good ideas. It is no colonidence that technically inept business types are known as "suits."

SUDOKU

8	6	1	5	7	4	9	3	2
7	5	9	8	2	3	4	1	6
4	2	3	9	6	1	5	7	8
3	4	5	2	9	7	6	8	1
2	1	8	3	4	6	7	5	9
9	7	6	1	8	5	2	4	3
1	3	4	6	5	9	8	2	7
5	9	2	7	3	8	1	6	4
6	8	7	4	1	2	3	9	5

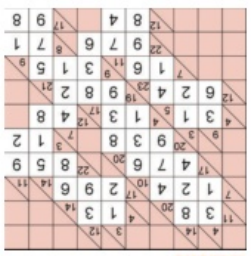
ALPHA TRIANGLE
N, In, Sin, Sine, Siren, Singer, Lingers.

LOOP



GO FIGURE
Easy
3 x 8 + 6 – 4 = 26
Medium
8 + 5 + 2 + 1 = 16
Hard
3 – 5 + 5 + 2 = 5

KAKURO



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Listen up, every body

Alia Bhatt reveals obsession with weight took toll on her

Alia Bhatt, who recently delivered her first child earlier this month, revealed her obsession with her body and weight took a toll on her.

In an interview with a news portal, Alia said that stepping into the film industry at the age of 17 she heard conversations around her pertaining to how one should look and she presumed that is how it is supposed to be. The actress revealed that her obsession with her body and weight took a toll on her.

Alia further revealed that it took a lot of work to be kinder to her body. The actress is actually in the best place she has ever been and has never felt more comfortable and happier with her body, she told Marie Claire.

The actress went on to advice young women that they should focus on being healthy internally and not obsess over the way they look superficially. Alia added that women should feel confident and have an appreciation for themselves so that nothing that others say can bother them.

Meanwhile, on the work front, Alia will next be seen in Karan Johar's 'Rocky Aur Rani Ki Prem Kahani' where she will be reuniting with her 'Gully Boy' co-star Ranveer Singh. It is slated to hit the theatres next year.

–ETimes

SANDALWOOD
SHOTS
Y MAHESWARA REDDY

The right time

Komal, Navarasa Nayaka Jaggesh's brother, makes a comeback with Kalaya Namaha after a gap of three years. Please note that this is not the same as Kalaya Tasmai Namaha that was released more than a decade ago.

Komal plays the lead role in Kalaya Namaha and its shooting is being held in and around Bengaluru. "I do not know if others believe in astrology but I do. I happened to meet one astrologer three years ago. He predicted that I had to be cautious as my fate is not good for three years. So, I waited for three years to act in the next movie. I have been worshipping our village god Kalabhairava," said Komal.

He said his wife Ansuya is bankrolling the movie while Mathivanan is handling the megaphone. Jaggesh too said he believes in astrology. "I also advised my brother Komal not to act till 2022. Now the time is very good for Komal to act. My son Yathiraj is also acting in this movie. I am confident this movie will become a success at the box office," said Jaggesh. Asiya Firdose is paired opposite Komal.

Man's best friend

Leader of Opposition in the Assembly Siddaramaiah was in a jovial mood at an event organised at Gandhi Bhavan to launch the trailer of Dove Master.

"I was happy when the producer told me that the film is about the relationship between a dog and its owner. Dogs are among the more faithful animals. I am happy to launch the movie's trailer. Producer Roshan is the son of my friend Chand Pasha," Siddaramaiah said.

Chand Pasha said he has been associated with the Kannada film industry for over 25 years. "I have been working as a distributor. Now, my son is bankrolling this film. The director narrated its script to me. It is very interesting," said Chand Pasha.

Are you cut out for this?

Actresses who manage to rock risque cutout dresses -- From Sydney Sweeney to Nora Fatehi and Khushi Kapoor

Watch this story come alive on your device by scanning this QR code

A kiss is just a kiss

Shriya Saran and hubby Andrei Koscheev are not ones to shy away from indulging in some PDA on and off social media. At the recent 'Drishyam 2' screening, the couple puckered up for the paparazzi as they arrived on the red carpet.

However, their photos left some social media users rather uncomfortable. "Why do they have to kiss in public every time?" read a comment.

During an interaction with a portal, Shriya was asked about dealing with the trolling over the kiss. The actress told News18 that her husband 'thinks that it's normal to kiss me during my special moment and I think it's beautiful.' She added that Andrew doesn't understand why they would be trolled for 'something so natural.'

–ETimes

When in South Korea

Actress Anushka Sen, who is known for her work in the television show 'Jhansi Ki Rani', will be soon making her foray in South Korean cinema with her upcoming movie titled 'Asia'. The actress has returned to India after completing the first schedule of the film.

Talking about the film, Anushka said: "The film that I'm doing is called 'Asia'. It's a very unique concept. It has people from all over Asia coming together to make a film about Asia. Playing a pivotal character, I'm representing India in the film in a way. I had a really great experience filming in South Korea and it's been going really well."

She further mentioned: "First schedule was really nice, I have a very strong character I am playing an assassin for the very first time, never done a role of an assassin in my career so this is going to be really new and unique and of course its international so its much bigger and I'm really really grateful that I'm representing India in a way."

Drawing parallels between the film industries here and there, the actress said: "Mostly there are a lot of similarities in the Indian industry and the Korean industry when it comes to passion for a project, everybody is really hard working on set, everybody wants the best output and everybody wants to give their best. The aesthetic of this film was different, the shot type was different, I saw some new cinematic style used in the film."

–IANS

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